

Northampton Parks & Recreation Department

Spring & Summer Program Guide 2016



www.northamptonma.gov/recreation

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Do not use this form for summer day camps, download that packet at www.northamptonma.gov/recreation

Today's Date: _____

ADULT 1

Name _____
 Address _____
 City _____ St _____ Zip _____
 Home Phone _____ Work Ph _____
 Cell _____
 Email: _____

ADULT 2

Name _____
 Address _____
 City _____ St _____ Zip _____
 Home Phone _____ Work Ph _____
 Cell _____
 Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____
 Phone _____

Photo Release: May Nton Rec. use photos of you or your family members for brochure, website, promotional use? Yes No

PARTICIPANT'S FULL NAME: _____ Male Female
 School _____ Date of Birth _____ Grade entering Fall 2016 _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES

PARTICIPANT'S FULL NAME: _____ Male Female
 School _____ Date of Birth _____ Grade entering Fall 2016 _____

Program Name	Week #/Session(s)/Day	Basic Fee	Non-Res Fee	Total Basic Fees

TOTAL FEES:

PASS PURCHASE - BEACH OR AFC

Pass for Beach or Aquatic Center	Pass Type	Fee

TOTAL DUE:

Pass Holders Names	Male/Female	Age
_____	Male/Female	_____

Special Considerations/Comments
 (Use back if necessary) _____

Charge my VISA ___ Mastercard ___ Discover ___ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Recd \$ _____	Date _____	RT date _____	staff _____	Amt Recd \$ _____	Date _____	RT date _____	staff _____	Amt Recd\$ _____	RT date _____	staff _____
Amt Recd \$ _____	Date _____	RT date _____	staff _____	Amt Recd \$ _____	Date _____	RT date _____	staff _____	Amt Recd\$ _____	RT date _____	staff _____

Welcome to the Northampton Parks & Recreation Department

Northampton Parks & Recreation Department

90 Locust Street, Northampton, MA 01060
Phone: 413-587-1040 Fax: 413-587-1045
Office Hours: Monday- Friday 8:30 a.m. – 4:30 p.m.
recreation@northamptonma.gov
www.northamptonma.gov/recreation



Aquatic & Family Center at JFK Middle School

100 Bridge Road, Florence, MA 01062
Phone: 413-587-1046
Office Hours: Vary, see website for details
Find us on Facebook:
www.facebook.com/northamptonrecreationdepartment



Staff

Back row: Shelby Michna - CPRP, CPO - Assistant Director, Eileen Wright - Department Secretary, Chris Kostek - Senior Clerk/Secretary, Kathy Weston - Recreation Supervisor
Front row: Ann-Marie Moggio - Director, Erin Carroll - Recreation Supervisor

Parks & Recreation Commission

Tom Parent, Chairman | Carol Bertrand | Julia Chevan | Glenn Connly | David Cronin
Kristen Dardano | Tom Dunphy | Michael Laga | Dan Smith

The Parks and Recreation Commission advises the Parks and Recreation Department on development and implementation of recreational programming for parks, playgrounds, playfields, indoor recreation centers and other recreation areas and facilities owned or controlled by the city.

The Parks and Recreation Commission is an advisory multiple-member body of the city.

We thank them for their volunteer time and commitment!

Northampton Parks & Recreation is a proud member of:

National Recreation & Park Association | Pioneer Valley Park & Recreation Association
Massachusetts Recreation & Park Association | National Youth Sports Coaches Assoc. Chapter | United States Tennis Association



TO THE HUNDREDS OF VOLUNTEERS IN OUR COMMUNITY, AND THE THOUSANDS OF HOURS THEY GIVE TO HELP MAKE MANY OF THE PROGRAMS SUCCESSFUL.

WE COULDN'T DO IT WITHOUT YOU!

Policies & General Information

Please help us to serve you better

We strongly encourage you to register at least five business days prior to the program starting date. It will certainly help us to process registrations in a more efficient manner. Also, many programs must be canceled if minimum enrollment is not met prior to the starting date. If you have any questions, please call 587-1040.

Friends of Northampton Parks & Recreation

A Friends of Northampton Parks & Recreation Department group has been formed. The volunteer group is a 501c3 non-profit to support the Parks & Recreation Department and their mission. For more information, contact Greg Howard, President of the group, 413-517-8050.

The purpose of the Northampton Friends of Parks & Recreation is to engage in fundraising and support; maintenance, labor and development of current and future recreation facilities; and to encourage interest and promote athletic and recreational activities and facilities in the City of Northampton; in conjunction with the goals of the Northampton Parks & Recreation Commission and the Northampton Mayor and City Council.

Give the gift of RECREATION!

Are you looking for a unique gift idea for that special someone? How about tennis or golf lessons, a water aerobics class, or a session of one of our many summer programs? Give us a call and we'll design a certificate to meet your needs!

Employment Opportunities

The Northampton Parks & Recreation Department offers various job opportunities throughout the year. Seasonal program leaders, recreation leaders, Youth Sport Supervisors, Scorekeepers, Lifeguards, Swim Instructors and Aquatic & Family Center staff are a few examples of positions that are available. Do you teach aerobics, step aerobics, want to start a fitness class?

Call the Parks & Recreation Department Office at 587-1040 to inquire about seasonal position openings. All applicants must be at least sixteen years old.

Policies & General Information

Registration: Cut out the registration form and enclose the correct fee. If using mail in, drop slot or fax registration, be aware that you are registered unless we inform you otherwise. Registrations are accepted on a first come first serve basis. If you are registering for Safety Village, Camp KidZone, Camp Hamp or Teen Expeditions please download a registration packet at www.northamptonma.gov/recreation, click on "registration forms" or call the Parks & Recreation department and we will send you a form.

Payment

Make checks payable to the City of Northampton. We accept VISA, MASTER CARD and DISCOVER. Full payment must accompany your registration.

Full Programs

Registration may be limited due to subject matter, space limitation and leadership ratio. If a program is filled, your name will be placed on a waiting list. If this happens you will be notified by phone and your payment will be returned.

Parks & Recreation Dept./Look Park Sticker

\$20 for Residents or Non-residents, per pass

This pass is for our Camp KidZone and Camp Hamp programs, it is not a season's pass to Look Park, but, a summer programs pass that will allow you entrance into Look Park for picking-up and dropping-off your child. This pass is only good from 7:45am-5:15pm, Monday through Friday while the program is running.

This pass is ONLY available for purchase at the Parks & Recreation Department. Look Park's season's passes are available for \$47 for residents and \$55 for non-residents.

For details visit www.lookpark.org.

Refund Policy

Refund requests must be made in writing to the Parks & Recreation Department.

Programs:

- A full refund will be given when a program/trip is cancelled.
- All requests must be submitted at least one week prior to the start of the program.
- There is a \$10 service charge for all refunds. If a program fee is less than \$10, 50% of the fee is charged.
- There are no refunds once a program begins.

Trips

- Refunds for trips will not be given unless one of the following occurs:
 - The trip is canceled.
 - A replacement is found to take the trip.

Memberships

- Refunds will only be given in case of physical impairment. Proper medical documentation is required. Refunds are prorated from the day the membership was purchased to the day the request is received. Please allow 4-6 weeks for your refund check to be processed. Any programs with special policies void the preceding.

Financial Assistance

Northampton residents only. Confidential applications may be made to the Parks & Recreation Department, if a hard ship exists the applicant may be granted a reduction in fee at the discretion of the Recreation Staff. All participants are required to pay at least 50 % of the program fee.

Photographs of Activities

Occasionally Northampton Parks & Recreation Staff will take pictures of our programs for use in our program guide. If you or any member of your family is a participant of a program and DO NOT wish to have a picture of you used, please contact our office at 587-1040 before the end of the program. By not contacting our office, you give permission for use of activity photos in Northampton Parks & Recreation Department's promotional material.

Inclement Weather

Weekday evening programs will be cancelled after 3:30 p.m. in the case of inclement weather. Call the Parks & Recreation Department's cancellation hotline at 587-1044 for cancellation information. Cancellations will also be posted on www.northamptonma.gov/recreation.

Non-Resident Fees

Some Parks & Recreation Dept. administrative and programmatic costs are covered by Northampton tax dollars. Therefore, those who are not residents of Northampton, Florence, or Leeds are assessed the following extra fee, unless otherwise noted. To qualify as a resident, an adult must live or own property in Northampton, Florence, or Leeds. A child must live in the City.

Non-residents will be accepted into programs on a space available basis for an additional charge:

Non-resident: an adult taking part in a program who works in N'ton, for a business based in Northampton, Florence, or Leeds: \$5

Non-resident: A child who attends school in N'ton, Florence or Leeds: \$5

Non-resident: \$10

Not to exceed \$50/family per program.



The Northampton Parks & Recreation Department offers a variety of exciting and affordable summer programs for children ages 4 and up. Camp KidZone, Camp Hamp and Teen Expeditions are full day programs. Some others, such as Safety Village and Weekly Sport Skill programs are half day.

We offer recreational, athletic, and educational opportunities for the City's youngsters to enjoy, at a reasonable price. All programs are directed by qualified and trained staff members. Check out the details to see which program suits your child's and family's needs.

For those choosing one of the summer camps at Look Memorial Park, our cooperative agreement with the trustees of Look Park require that ALL vehicles entering the park for drop-off or pick-up of program participants must have a current year entry sticker or pay the daily entry fee. Stickers may be purchased at Look Park or the Parks & Recreation Department. We are offering a "summer camp" only sticker, and a "sports sticker" for tball/coaches pitch, both available at the Parks & Recreation Department office. See program info for details.

All summer day camps fully comply with the State Health Department Codes and Inspections for Licensed Day Camps.

Financial assistance is available for the summer camps for Northampton residents on a limited first-come, first serve basis. Applications for financial assistance **must** be completed by May 6.

All Safety Village, Camp KidZone, Camp Hamp and Teen Expeditions SUMMER CAMP REGISTRATIONS MUST BE COMPLETED ON A SEPARATE FORM AVAILABLE ONLINE at www.northamptonma.gov/recreation, click on "registration forms and policies" or at the Parks & Recreation Department office, or call and we will email or mail you one.

Summer Camps

Safety Village

For: Children ages 4 to 6 years old (must turn 4 by 8/31/16)

Days: Monday–Friday, two week sessions

Dates: Session A: June 27–July 8 (no program 7/4)

Session B: July 11–July 22

Session C: July 25–August 5

Time: 8:30 a.m.–12:00 p.m.

Fee: Session A: \$140 resident, \$150 non-resident

Session B & C: \$155 resident, \$165 non-resident

There is a \$25 non-refundable deposit included in the session fee.

Location: Arcanum Field, Bridge Rd., Florence

Rain Site: Leeds Elementary School

Safety Village is an exciting program that introduces youngsters to everyday safety concerns and preventative procedures. Each day of the program speakers from the Fire & Police Department, Cooley Dickinson Hospital, etc. visit the program to speak with the youngsters on very important issues. Topics include fire, electrical, water, animal & swim safety, and much more!

Safety Village features a miniature replica of Northampton complete with streets and sidewalks. Children drive bicycles with training wheels through the village and walk the sidewalks to learn traffic and pedestrian safety first hand. The day also includes an arts and crafts project, active games and a snack will be provided.

The Northampton Lions Club came through with much of the financial support to provide the Safety Village Program. Safety Village is an exciting program that teaches a number of powerful lessons. It is a must for your child! Children must be toilet trained in order to participate in the program.



Camp KidZone!

For: Children entering grades 1–4

Days: Monday–Friday

Time: 8:30 a.m.–4:30 p.m.

(Extended day options available)

Location: Look Memorial Park

Rain Site: Aquatic and Family Ctr. at JFK

Fee: Session 1, 3–7: \$160 resident, \$170 non-resident

Session 2: \$128 resident, \$138 non-resident

Extended Day: Session 1, 3–7: \$25/session

Session 2: \$20/session

(45 minutes of extended supervision prior to and/or after regular program hours)

There is a \$25 non refundable deposit included in each session fee.

Parks & Recreation Dept./Look Park Sticker: \$20 for Residents or Non-residents, per pass

Camp KidZone is located within the gorgeous and historic 150 acres of Look Memorial Park in Florence. We offer an action packed daily schedule including sports, arts and crafts, cooperative games, special events and swimming at the Aquatic and Family Center at JFK Middle School or Musante Beach in Leeds.

Each week's activities and special events are created around the weekly theme, and include a field trip. For example, campers enjoy our ice cream social, team spirit day, camp olympics, scavenger hunts, luau and carnival events. Weekly Pines Theater entertainment shows and a T-shirt for each participant are also included. We also offer extended morning and afternoon care to meet your families' busy scheduling needs.

Our staff members are dedicated and dynamic individuals who have demonstrated their genuine interest in and compassion for children. All staff are screened and carefully chosen to be positive role models. They are trained and certified in first aid and CPR. Participants are placed into smaller groups based on age, and we maintain a safe staff to participant ratio.

We provide safe, healthy, fun-filled and worry free environment not only for participants but for our parents as well. We believe that living, laughing and playing together connects our kids in ways that form lifelong friendships.

KidZone Sessions & Themes

1: June 27–July 1 Color Combat

Pines Theater Show, Ice Cream Social, Color Wars, Field Trip: Bounce U

2: July 5–8 (no camp Mon. 7/4) Mixed-Up Week

Pines Theatre Show, Egg Hunt, Halloween Day, Field Trip: Holyoke Children's Museum (Grades 1&2) Family Golf (Grades 3&4)

3: July 11–15 That's Entertainment

Pines Theatre Show, Tie-Dye, Talent Show, Field Trip: Movies

4: July 18–22 Game Show Mania

Pines Theatre Show, Campardy Game, Slip N' Slide, Field Trip: Billy Beez

5: July 25–July 29 Wacky Water Week

Pines Theatre Show, Scavenger Hunt, Camp Bingo, Water Inflatable, Field Trip: Erving State Forest

6: August 1–5 Sports Zone

Pines Theatre Show, Olympics, Tie-dye, Field Trip: Bounce Trampoline

7: August 8–12 Final Fling

Pines Theatre Show, Carnival, Pizza Party, Field Trip: InterSkate 91

***Trips and themes subject to change**



Summer Camps

Camp Hamp

For: Youth entering grades 5 & 6

Days: Monday–Friday

Time: 8:30 a.m.–4:30 p.m.

Location: Look Memorial Park

Rain Site: Aquatic and Family Center at JFK

Fee: Session 1, 3–7: \$180 resident, \$190 non-resident

Session 2: \$144 resident, \$154 non-resident

Extended Day: Session 1, 3–7: \$25/session

Session 2: \$20/session

(45 minutes of extended supervision prior to and/or after regular program hours)

There is a \$25 non-refundable deposit included in each session fee.

Parks & Recreation Dept./Look Park Sticker: \$20 for Residents or Non-residents, per pass

Exciting adventures await participants eager for some cool summer fun with meaningful opportunities for social and personal growth. This fast paced, diverse program is based in Northampton's beautiful Look Park where participants are introduced to a combination of athletic, adventure, artistic and cooperative outdoor activities. The program includes 2 weekly bus trips, special events, arts and crafts and swimming at JFK Middle School and Musante Beach in Leeds.

Camp Hamp Sessions & Themes

1 June 27–July 1 Hello Summer!

Field Trips: Lake Wyola and InterSkate 91

2 July 5–8 (no camp Mon. 7/4) Wipe Out

Field Trips: Erving State Forest and Play Bousquet

3 July 11–15 Anything Goes

Field Trips: Lake Wyola and Sonny's Place

4 July 18–22 Games Galore

Field Trips: Erving State Forest and Yard Goats Baseball Game

5 July 25–July 29 Test the Comfort Zone

Field Trips: Lake Wyola and Soarin' Indoor

6 August 1–5 Adventure Land

Field Trips: Erving State Forest and Nomad's Adventure Quest

7 August 8–12 Final Fling

Field Trips: Lake Wyola, Bounce Trampoline, Pizza Party

**Trips and themes subject to change*



Teen Expeditions

For: Teens entering grades 7–10

Days: Monday–Friday

Dates: Sessions 1 through 7

Time: 8:30 a.m.–4:30 p.m. (some trips may vary)

Fee: Session 1, 3–7: \$195 resident, \$205 non-resident

Session 2: \$156 resident, \$166 non-resident

There is a \$25 non-refundable fee included in each session fee.

Location: JFK Middle School



Teen Expeditions Sessions & Trips

Bike Rides will be incorporated in all weeks

1 June 27–July 1: The Adventure Begins

Erving State Forest, InterSkate 91, Sonny's Place, local hikes

2 July 5–8 (no camp Mon. 7/4) : Adventure Land

DAR, Tie-Dye, Chesterfield Gorge, Brownstone Adventure Park, local hikes

3 July 11–15: Test the Comfort Zone

Soarin' Indoors, Mt. Monadnock, Lake Wyola, local hikes

4 July 18–22: Hikes, Bikes & Strikes

Bike Trip to Maple Farm, Yard Goats Baseball game, Raft Building, Erving State Forest, local hikes

5 July 25–29: Beat the Heat

Seven Sisters hike, Tubing at Satan's Kingdom, Ocean Beach, local hikes

6 August 1–5: A View from the Top

Mt. Greylock, Nomad's Adventure Quest, DAR, local hikes

7 August 8–12: The Last Hoorah

Bike Trip Maple Farm, Bounce Trampoline, Lake Wyola, Pizza Party, local hikes

**Trips and themes subject to change*

Enjoy a different outdoor adventure everyday in this exciting day program designed for your teenager! Throughout the course of the summer participants will be exposed to a variety of outdoor recreational opportunities, which are designed to heighten their appreciation for the outdoors and spark their natural curiosity. Each morning the small group will head out in a different direction to go hiking, biking, tubing, swimming and experience some fantastic trips!

Our fully trained and First Aid/CPR certified staff will lead the daily adventures. Teens are encouraged to participate to their fullest in each and every week. The program is designed for teens to strengthen their own values, expand personal confidence, encourage them to try new challenges, experience team work and develop group cooperation in a fun, safe and nurturing setting. We will also ask for teen input into the schedules once the expeditions begin.

Counselor in Training (C.I.T.) Program

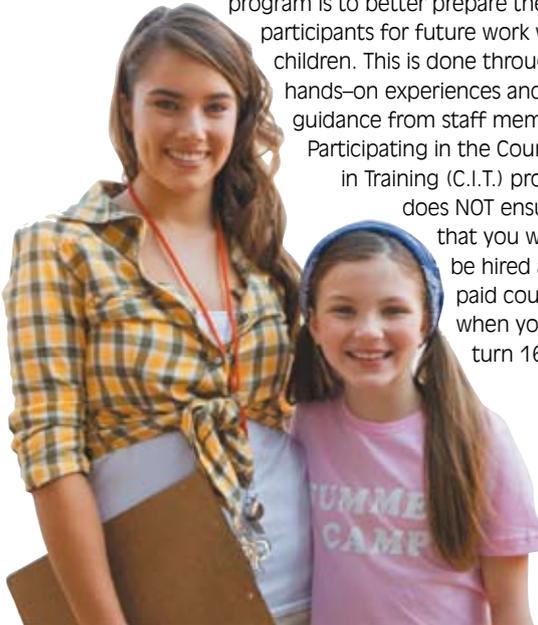
*CIT application forms available at the Parks & Recreation Department or on the Parks & Rec website

The Counselor in Training Program is available for the Safety Village (Ages 4–6) and Camp KidZone (Grades entering 1–4) Summer Programs. Participants must be 14–15 years old or entering 9th or 10th grade.

The Safety Village Program is a half day program and the Camp KidZone is a full day program. Each participant has to commit to a 2 week session. An evaluation will be made after the completion of the CIT's session. If the CIT has done a good job, and space is available, then the CIT can come back for another session. The cost would still apply.

The CIT Program offers opportunities to interact with children, lead activities and participate in camp programs. CITs must have a sincere desire to work with children, a strong work ethic, lots of energy and creativity and a positive attitude. The objective of the CIT

program is to better prepare the participants for future work with children. This is done through hands-on experiences and guidance from staff members. Participating in the Counselor in Training (C.I.T.) program does NOT ensure that you will be hired as a paid counselor when you turn 16.



SAFETY VILLAGE CIT

Time: 8:15a.m.–12:00 p.m.

Cost: \$50 a session

Session Options:

Session 1: June 27–July 8 (no program Monday 7/4)

Session 2: July 11–July 22

Session 3: July 25–August 5

CAMP KIDZONE CIT

Time: 8:15 a.m.–4:30 p.m.

Cost:

Session 1–3: \$100 a session

Session 4: \$50, **1 week session

Session Options:

Session 1: June 27–July 8 (no program Monday 7/4)

Session 2: July 11–July 22

Session 3: July 25–August 5

Session 4: August 8–August 12, **1 week session

*Session 4 is only available to those CIT's that completed a previous 2 week session.

Play–Well LEGO® Programs

We have teamed up once again to offer Play–Well LEGO® programs. Play–Well offers classes, workshops, and summer camps at over 200 public school, private school, home school, and summer camp sites. Their project–based programs are designed to teach principles and methods of engineering, to encourage students to work through design challenges using what they have learned, and to allow students to work at their optimal pace. Please note LEGOS® will not be kept. For more information and FAQ's, check www.play-well.org.

Session 1:

Robotics Using LEGO® WeDo

For: Ages 6–8

Days: Monday–Friday

Dates: June 27–July 1

Time: 9:00 a.m.–12:00 p.m.

Location: TBA

Fee: \$190 residents (non residents add \$10)

Instructor: Play–Well Staff

Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

Robotics Using LEGO® NXT

For: Ages 9–12

Days: Monday–Friday

Dates: June 27–July 1

Time: 1:00 p.m.–4:00 p.m.

Location: TBA

Fee: \$190 residents (non residents add \$10)

Instructor: Play–Well Staff

Build and program robots using the LEGO® Mindstorms NXT system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open–ended, investigative environment while having fun.

Session 2:

Pre–Engineering with LEGO®

For: Ages 5–6

Days: Monday–Friday

Dates: August 1–5

Time: 9:00 a.m.–12:00 p.m.

Location: TBA

Fee: \$150 residents (non residents add \$10)

Instructor: Play–Well Staff

Participants will build cities, bridges and motorized car/planes and explore the many creative possibilities of engineering with the LEGO® System. With access to over 100,000 pieces of LEGO® your child will have the opportunity to build what they have only dreamed of with the support of experienced Play–Well staff.

Engineering Fundamentals with LEGO®

For: Ages 7–11

Days: Monday–Friday

Dates: August 1–5

Time: 1:00 p.m.–4:00 p.m.

Location: TBA

Fee: \$150 residents (non residents add \$10)

Instructor: Play–Well Staff

Participants take on real life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO® material. From racecars to Battletracks, this is hands on and minds on program suitable for Lego novices to “maniacs.”

Summer Camps

Code to the Future Summer Programs

The Northampton Parks & Recreation Department is excited to work with Code to the Future this summer to offer your children opportunity to gain an increased knowledge and understanding of computer language and coding, while allowing students to become more advanced in their critical and creative thinking skills.

MineScratch Video Game Design

For: Ages 7–12

Days: Monday–Friday

Dates: July 25–29

Time: 9:00 a.m.–12:00 p.m.

Location: TBA

Fee: \$220 residents (non residents add \$10)

Instructor: Code to the Future Staff

Learn how to speak the language of computers! Campers will dive into the exciting world of computer coding through Scratch, developed at MIT. Scratch is a block-based application designed to make it simple for anyone to learn programming. Throughout the camp, coders create projects like an epic space battle game or a choose your own adventure story! The possibilities to create are endless! We'll also occasionally use other applications like MC Edit (Minecraft-related) based on student interest and aptitude. This is a beginner block based coding program.

Minecraft Modding Camp

For: Ages 9–14

Days: Monday–Friday

Dates: July 25–29

Time: 1:00 p.m.–4:00 p.m.

Location: TBA

Fee: \$220 residents (non residents add \$10)

Instructor: Code to the Future Staff

Why just play Minecraft when you can create Minecraft? In this camp designed for quick learners or those with block-based coding experience, campers will learn how to code in Java by making a mod for Minecraft! This is professional, text-based coding. Create and then craft a sword out of mushy bananas, or spawn a flying golden cow! Make the full transition from player to content creator! This is an intermediate Java text-based coding program.

IncrediFlix Summer Programs

Lights, Camera, Action! We are thrilled to partner up with IncrediFlix for another summer to offer these wonderful new movie making summer programs. IncrediFlix gives children access to the world of entertainment. In every camp there is a focus on teamwork, creativity, and imagination. The children will work in age appropriate groups and go through all of the steps that Hollywood producers go through. In all camps, students will learn brainstorming, story structure, and story boarding.

Your children will have the opportunity to make movies instead of watching them. And at the end, you and your child will have a movie to remember the experience forever!

Animation Flix

For: Ages 7–13

Days: Monday–Friday

Dates: July 11–15

Time: 9:00 a.m.–12:00 p.m.

Location: TBA

Fee: \$170 residents (non residents add \$10)

Instructor: IncrediFlix Instructors

Each day you'll use a new style of stop-motion, combining favorites from the past with new styles, making this camp different each year! It's the ultimate arts and crafts camp where students create, direct, and film their movies in age-appropriate groups. *Flix downloadable within a month after camp ends.

Minecraft Flix

For: Ages 7–13

Days: Monday–Friday

Dates: July 11–15

Time: 1:00 p.m.–4:00 p.m.

Location: TBA

Fee: \$170 residents (non residents add \$10)

Instructor: IncrediFlix Instructors

You love Minecraft! Let your imagination be your guide as you turn the popular video game into an exciting Minecraft world. Using stop-motion animation you will bring Steve, the creepers, animals and more to life. Students will write, storyboard, shoot and add voice-over in age-appropriate groups. *Flix downloadable within a month after camp ends.

Animation Flix & Minecraft Flix

If you cannot decide which IncrediFlix program to choose and want a full day option, you can sign up for both programs, which will include lunch supervision (you need to pack a lunch) and a discount for signing up for both IncrediFlix programs!!

For: Ages 7–13

Days: Monday–Friday

Dates: July 11–15

Time: 9:00 a.m.–4:00 p.m.

Location: TBA

Fee: \$300 residents (non residents add \$10)

Instructor: IncrediFlix Instructors

Mad Science Summer Programs

We are teaming up again with Mad Science of Western New England to offer some sensational programs. Mad Science summer programs offer a daily combination of in-class discovery and exploration, outdoor games and physical activities, and hands-on applications of the scientific principles presented.



Your child will be able touch, see, hear, smell and taste what science is really all about. They use simple, real world science techniques that allow even the youngest of campers to enjoy the learning environment. Kids create, build and assemble a variety of take-home projects while exploring how science affects the world around us.

Junior Scientists

For: Pre-K & Kindergarten, Ages 4–6

Days: Monday–Friday

Dates: July 5–8 (no program Monday, July 4)

Time: 9:00 a.m.–12:00 p.m.

Location: TBA

Fee: \$130 residents (non residents add \$10)

Instructor: Mad Science Staff

In this half day Fun Lab, children get a chance to explore many aspects of the world. Children will develop an understanding of what science is and how it relates to their daily lives. They'll even have a day as "Mad Science Master Builders" building and designing cool structures. Every day, kids will take part in a variety of exciting demonstrations and fun hands-on activities that will establish them as official "Junior Scientists".

Survival! Plants, Predators & Prey and Crazy Chemworks

For: Grades entering K-6, Ages 6-12

Days: Monday-Friday

Dates: August 8-12

Time: 9:00 a.m.-4:00 p.m.

Location: TBA

Fee: \$270 residents (non residents add \$10)

Instructor: Mad Science Staff

In this full day program, participants will get to spend the morning portion of the day participating in Survival! Plants, Predators & Prey and the afternoon portion of the day on Crazy Chemworks.

Kids will experience how birds and beasts catch their prey without becoming someone else's lunch and will then be challenged to survive in the pulse pounding "Food Chain Survival" game. Kids will build a real birdhouse to take home and will have creepy-crawly fun building a bughouse and searching for tenants!

In Crazy Chemworks, you child will learn about the tools scientists use in their laboratories-atoms, molecules and reactions; acids and bases; and fluorescence and phosphorescence. The best part is that each day they'll be able to continue the science fun at home with their very own labware take-homes!



Summer Art-ventures with Let's Gogh Art

The Northampton Parks & Recreation Department is working again this summer with Let's Gogh Art to offer your children two weeks of unique and imaginative Art-ventures this summer! Let's Gogh Art helps children make the connection between art and the amazing world around us. They believe the best route to expanding one's creativity is through exploring and experimenting with as many art forms, tools and techniques as possible. As a result, children are exposed to a world of artistic wonder while they are encouraged to apply their own original ideas and their own unique perception and interpretation of art.

Jungle Journey Art-ventures in the Rainforest

For: Ages 6-10

Days: Monday-Friday

Dates: July 18-22

Time: 9:00 a.m.-12:00 p.m.

Location: TBA

Fee: \$145 residents (non residents add \$10)

Instructor: Let's Gogh Art Instructors

Art explorers take their inner artists for a walk in the rainforest and discover endangered creatures who live there. Lizards, poison dart frogs, bugs and butterflies, tigers and monkeys and more. Experience fabric

design while tie dyeing bandannas, making rainbow T-shirts, and printing on umbrellas. Sculpt animals out of clay, make bug boxes, create rainforest flowers, draw tigers and paint ceramic butterflies. Discover stained glass and scratch art too. Fun facts about endangered animals and how to save the rainforest are included. GLITTER TATTOOS or FACE PAINTING add to this fun and imaginative week.

Bring an over-sized old T-shirt to use as a smock, a nut-free snack and a drink each day.

Weird Faces and Places Art-ventures

For: Ages 6-10

Days: Monday-Friday

Dates: August 15-19

Time: 9:00 a.m.-12:00 p.m.

Location: TBA

Fee: \$145 residents (non residents add \$10)

Instructor: Let's Gogh Art Instructors

Oh, the places we'll go! Art explorers travel to some pretty weird places while creating some wicked cool art forms dating back to when art began. Discover weird gargoyle faces and visit the amazing Taj Mahal. Experience cave painting, fossil making and egg shell mosaics. Make worry dolls and totem poles. Learn about Oaxacan alebrijes while designing T-shirts. Sculpt and paint colorful Mexican pots, make bark paintings and create Haitian sequined banners. Fun facts and concepts in history and geography are included as well FACE PAINTING or GLITTER TATTOOS. This is our most creative and original art-venture week!

Sport Skill Programs

In conjunction with a number of established coaches we offer a variety of sport programs to allow young athletes to learn new skills in various areas of sport. These programs are affordable and serve as an excellent opportunity to improve skills. For more details and descriptions, check out our website.

Pre-Season Baseball Skills Program

See "Youth Baseball" section, held April vacation week

Basketball

For: Kids entering grades 2-8

Days: Monday-Thursday

Times: 9:00 a.m.-12:00 p.m.

Dates: July 18-July 22

Location: Smith Voke High School

Fee: TBA (non-residents add \$10), includes t-shirt

Director: Joe Mantegna, Jr., Head Coach, Blair Academy
Coach Mantegna, a former Hamp High player, has coached at Blair for eighteen years and has built it into a national prep school basketball powerhouse. This program will specifically address shooting, offensive and defensive footwork, post play, ball-handling, setting and using screens, improving basketball fitness and athleticism and increasing basketball knowledge.



Summer Camps

Soccer

For: Kids entering grades 2–7

Days: Monday–Friday

Dates: July 11–15

Time: 9:00 a.m.–12:00 p.m.

Location: JFK Middle School

Fee: \$95 (non-residents add \$10), includes t-shirt

Director: Brad “Bardo” McGrath, Jr., Former Hamp High Varsity Coach, current youth coach and official

This popular program is for new and current soccer players who will be broken into age appropriate groups. Players will work on dribbling, passing and shooting skills along with playing scrimmages.

Boys Lacrosse

For: Kids entering grades 1–9

Days: Monday–Friday

Dates: July 18–22

Time: 9:00 a.m.–12:30 p.m.

Location: Smith Vocational High School

Fee: \$110 (non-residents add \$10), includes t-shirt

Director: RJ Dawson, Coaches at St. Andrews School in Florida

The focus of this program will be to develop the proper fundamentals of throwing, catching, shooting and dodging. Also, players will work on individual position skills; defensive positioning, goalie play, face-offs, and more.



Baseball

For: Ages 9–12 (held on a 60' diamond)

Days: Monday–Thursday

Dates: June 27–30

Time: 9 a.m.–12:00 p.m.

Location: JFK Middle School athletic field

Fee: \$100 (non-residents add \$10), includes t-shirt

Director: Zach Holt and Advantage Baseball Staff

Advantage Baseball is focused on developing complete players. Everyone will learn to throw, catch, hit and field with sound fundamental techniques. All players will practice playing in the infield and the outfield. Pitchers and Catchers will have an opportunity to pitch and catch. There will be basic instruction for newcomers and advanced training for players who are already competing at an advanced level.



Table Tennis Kids Academy

For: Children ages 8 to 14

Days: Monday–Friday

Dates: Session A: July 18–July 22

Session B: August 1–August 5

Time: 9:00 a.m.–12:00 p.m.

Fee: \$179 Includes Paddles and balls and t-shirt

Location: Table Tennis Express, 116 Pleasant Street (Keystone Building) First Floor, Easthampton, MA

Instructor: Noel Abbott, Program Director of Table Tennis Express, Easthampton

Come join us in this new program in collaboration with Table Tennis Express to participate in the most played sport in the world! Light weight paddles and small playing fields make this an ideal and safe sport for young children. Core skill development includes hand eye coordination, balance and enhanced motor skills. This is a fun and highly interactive learning environment.

Field Hockey

For: Grades 1–8

Dates: July 25–28

Days: Monday–Thursday

Rain Date: July 29

Time: 6:00–7:15 p.m.

Fee: \$65 (non-residents add \$10), includes t-shirt

Location: TBA

Director: Sarah Williams, NHS Varsity coach, Co-Owner Element Athletics

This fun instructional program will teach the fundamentals of the game of field hockey. Players will be divided up into 1st–3rd, 4th–6th and 7th–8th grades on the first day.

Tennis Skills

We offer weekly “Junior Tennis Skills”, see the tennis program youth page 14 for dates and times.



Serio's Pharmacy

Our family taking
care of yours
since 1950

63 State St., Northampton, MA
413-584-8980

Youth Programs

Additional youth programs are listed under the Aquatic section and tennis section pages.

Play-Well LEGO® Workshops

Saturday, April 9, 2016

For: Ages 5–11 (see session times)

Fee: \$35 residents, \$40 non-residents

Time: 9:00a.m.–12:00p.m. (Ages 5–7) Pre-Engineering
1:00p.m.–4:00p.m. (Ages 8–11) Engineering Fundamentals

Location: JFK Middle School Community Room

Let your imagination run wild with tens of thousands of LEGO®! Design, build as never before, and explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor that will challenge new and returning students to engineer at the next level. LEGOS® and projects will not be kept.

Pre-Engineering participants will build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design!

Engineering FUNdamentals participants will apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack!

Youth Golf Lessons

For: Ages 11–17

Days: Saturdays

Time: 9:30 a.m.

Dates: **Session 1:** June 11–July 16 (no class 7/2)

Session 2: July 30–August 27

Instructor: Ray Millette, Golf Professional

Fee: \$85 Residents, \$95 Non-Residents

Location: Meadowcrest Driving Range in Leeds

This is an inexpensive way to introduce yourself to the game of golf. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed.

If you don't have your own club, we may be able to supply one.



Sticks for Kids!

We have golf clubs for kids to borrow for free!

Northampton Parks & Recreation was selected by the National Recreation and Park Association to take part in a pilot program called Sticks for Kids. The goal of the program is to introduce youth to the sport of golf. Through the partnership, Northampton Parks & Recreation has received several sets of junior golf clubs that are available for free use by youth in the community. If you are interested in more information, or would like to borrow a set of junior golf clubs, please contact the Parks & Recreation Department at 587-1040 or recreation@northamptonma.gov.

Spring Fling Vacation Program

For: Grades 1–5

Dates: April 19–22

Days: Tuesday–Friday

Time: 8:30 a.m.–4:30 p.m.

Fee: Tuesday–Friday, \$115 before March 25, \$125 after

Tuesday, Wednesday, Friday: \$30/day before March 25, \$40 after

Thursday: (Bus Trip to InterSkate 91)

\$45 before March 25, \$55 after

Non-residents add \$10 to total fee

Location: Aquatic and Family Ctr. at JFK

This exciting vacation week program offers youngsters an excellent opportunity to spend their break having fun with friends. Activities include swimming, both indoor and outdoor games, arts and crafts projects, sports and special events. Children must bring a bathing suit, towel, lunch and snacks each day.



Intro to Fencing

For: Ages 8–12

Day: Saturdays

Dates: March 5–April 23 (7 sessions, no class 4/9)

Time: 9:00a.m.–10:30 a.m.

Location: Riverside Fencing Club at the American Legion, 162 Russell St. Hadley, MA

Fee: \$100 (an additional \$10 materials fee will be collected on first session)

Instructor: Riverside Fencing Club Staff

En garde! Ready? Fence! A class designed for those who have never fenced before, but have always wanted to! The course starts with basic fencing movement and introduces students to fundamental techniques, tactics, safety rules, and etiquette of fencing. Whether as the first step toward eventual competition, or as an end itself, this course provides a thorough introduction to the modern sport of fencing.



Summer Track Series

For: Children entering grades 2–9

Days: Fridays & Tuesdays

Time: 5:00–8:15 p.m.

Orientation Day: Thursday, May 26, 5:00–7:00 p.m.

Dates: May 27, June 3, 10, 17, 24 Rain Dates: June 14, 21

Location: TBA

Fee: \$TBA one child, \$TBA two children, \$TBA for families of 3 or more

Registration Deadline: specific form available at the Parks & Recreation Department and on their website

The Parks & Recreation Department and the Sugarloaf Mountain Athletic Club team up to sponsor this track program for boys and girls of all ability levels. Children will be placed on one of five teams and will compete in relay races and some open events. All participants will receive a team T-shirt. Please use track specific registration form when registering for this program. For more information about Sugarloaf Mountain Athletic Club visit www.sugarloafmac.org

Youth Programs

Additional youth programs are listed under the Aquatic section and tennis section pages.

Junior Cyclocross Training

For: Youth in grades 2–8
Day: Mondays
Dates: April 25–May 23 (5 sessions)
Time: 5:30–6:45 p.m.
Location: Look Memorial Park
Fee: \$30/child (non-residents add \$10)
Look Park entry fee or sticker required
Cyclocross is one of the fastest growing sports. It combines skills and action of mountain biking with the speed and power of road cycling. It is typically raced on a loop consisting of grass, dirt trails, pavement, sand, mud, barriers and hills. This program is sponsored by the Northampton Cycle Club, will run for six weeks and includes safety and basic cyclocross technique and racing. For more information, visit www.nohobikeclub.org.

Hamp Parks & Rec Coed Ultimate League

For: Boys & Girls, Grades 6, 7 & 8
Days: Wednesday & Friday practices, games may vary weekend tournaments
Dates: March 28–June 3
Times: Practices: 3:00–4:30pm Games: Weekdays: times vary, weekend tournaments
Fee: \$85, non-residents \$90
Location: JFK Middle School & Look Park
This exciting Ultimate Coed League is a recreational traveling Ultimate league. It includes teams from Hilltown Charter School, Eaglebrook, Amherst Regional Middle School, Pioneer Valley Chinese Immersion Charter School, Four Rivers Charter School, Hilltown Montessori and Lander Grinspoon Academy.

Practices will take place at JFK Middle School and Look Park. Home games will take place at JFK Middle School. Teams will participate in approximately fourteen games that include both home and away games and two weekend tournaments. Participants can only play on one team in this league.

Northampton Field Hockey

For: Senior Team: 7th and 8th grade
Junior Team: 4th–6th grade
Dates: Mid August–November
1–2 weekday practices
Saturday morning games, some weekdays
Fee: \$110 residents, \$120 non-residents
Location: TBA
Away games with local area towns
This fun and energetic program is offered through Northampton Parks and Recreation. Learn the fundamentals of field hockey while increasing your knowledge of the game in a fun filled team environment!

Youth Baseball

Hamp Park & Rec T-Ball

For: Ages 4 & 5 (must be 4 as of 8/31/16)
Days: Saturdays
Time: 9:00–10:15a.m. or 10:30–11:45a.m. (varies each week)
Dates: April 30–June 18 (no program 5/28)
Fee: \$37 before April 1, \$42 after
Location: Look Park Ball Fields
Deadline for registration: April 8
**Entry sticker for Look Park required, Look Park season pass or Rec. Dept. sports only pass*



This is a fun, instructional baseball program run by the Northampton Parks & Recreation Department. Players learn the FUNdamentals of the game in an enjoyable atmosphere. Skills covered include throwing, catching, base running and batting. Coaches are needed! Volunteers interested in coaching in the T-Ball program are asked to call the Parks & Recreation Department.

Hamp Park & Rec Coaches Pitch League

For: Age 6 (must be 6 as of 8/31/16)
Days: Saturdays
Time: 9:00–10:15a.m. or 10:30–11:45a.m. (varies each week)
Dates: April 30–June 18 (no program 5/28)
Fee: \$37 before April 1, \$42 after
Location: Look Park Ball Fields
Deadline for registration: April 8
**Entry sticker for Look Park required, Sports only pass for tball season available at Rec. Dept.*

This is a fun, instructional baseball program run by the Northampton Parks & Recreation Department. All participants will be pitched to by their coach. Tees are used if needed. Players learn the FUNdamentals of the game in a fun atmosphere. Skills covered include throwing, catching, base running and batting. Coaches are needed! Volunteers interested in coaching in the Coaches Pitch program are asked to contact the Parks & Recreation Department.

Hamp Parks & Rec Intro to Softball

For: Ages 6–8 (must be 6 as of 8/31/16)
Days: Saturdays
Time: 9:00–10:30a.m.
Dates: April 30–June 18 (no program 5/28)
Fee: \$37 before April 1, \$42 after
Location: Sheldon Field
Deadline for registration: April 8

This is an instructional program run by the Park & Recreation Department. Participants learn the FUNdamental skills of the game of softball including base running, throwing, catching and batting. Players may be pitched to by the coaches, or use a Tee. Volunteers are needed and those interested in coaching in the program are asked to contact the Parks & Recreation Department.

April Vacation Baseball Clinic

For: Ages 9–12
Days: Tuesday, Wednesday, Thursday
Dates: April 19, 20, 21
Time: 9:00 a.m.–12:00 p.m.
Fee: \$85 (non-residents add \$10), includes t-shirt
Location: FinnRyan Road School Fields
Director: Zach Holt and Advantage Baseball Staff

Advantage Baseball staff are focused on developing complete players. Everyone will learn to throw, catch, hit and field with sound fundamental techniques. All players will practice playing in the infield and the outfield. Pitchers and Catchers will have an opportunity to pitch and catch. There will be basic instruction for newcomers and advanced training for players who are already competing at an advanced level.

Fall Soccer

Introduction to Soccer

For: Coed Kindergarten division, Boys & Girls grade 1 & 2

Days: Saturdays

Time: Mornings

Dates: September–October

Location: Look Memorial Park

Registration: Begins in June, please call or check Parks & Recreation Dept. website for form.

Learn to play the game in a fun and exciting atmosphere! This is an instructional program run by the Parks & Recreation Department utilizing parent volunteers to teach the fundamentals of the game of soccer. Registration deadline is early August.

Pre-School Introduction to Soccer

For: Parent/Child program, 4 year olds and a parent

Days: Saturdays

Time: Mornings

Dates: September–October

Location: Look Memorial Park

Registration: Begins in June, please call or check Parks & Recreation Dept. website for form.

This introductory program will teach soccer skills for 4 year old children. The objective of the program is to aid children with their parents guidance to develop basic soccer skills, such as shooting, dribbling, defense, and agility that are needed to participate in organized soccer. Registration deadline is early August.

Northampton Soccer

Playing youth soccer in Northampton just got easier—Northampton Soccer Club (NSC) and Northampton Youth Soccer Association (NYSA) are merging. After working side-by-side in town for the last 25 years, and in collaboration with Northampton Parks & Recreation Department, the two organizations are combining to offer spring and fall team play in competitive travel soccer, and local recreational soccer for ages 8–14 in fall, as well as developmental programs for players in grades K–2 in both seasons. Going forward, the combined organization will be using “Northampton Soccer” as our name, but both “rec soccer” and “travel soccer” will continue as separate options for players and families. Details about player registration and try-outs for travel soccer will be coming later in spring.



Privately Run Leagues

These leagues are not run by the Northampton Parks & Recreation Department, but by volunteer boards and committees. For questions or further information, please contact the people listed below.

Northampton Little League

Little League

For boys and girls ages 9–12 and is a traditional Little League program, where players pitch to each other. Includes spring training, and teams usually play two games per week.

Senior League

Designed for those 13–16 years old and provides greater competition than Little League, on a 90' diamond. Teams also play surrounding communities.

Softball

For ages 8–15, this is a fast pitch softball league. All registered players are placed on teams and through practices and games, work to develop softball skills.

For more information on the above leagues, contact Northampton Little League at nhampll@gmail.com, www.nhampll.com

Northampton Baseball

Northampton Baseball League is a collaboration between Northampton Little League and Northampton Cal Ripken and is open to players aged 6, 7 and 8 in the spring 2016 season. Both leagues will actively participate in the growth of NBL.

NBL will offer formal instruction and player development programs to help children understand, appreciate and ultimately love the game of baseball. www.northamptonbaseball.com

Cal Ripken Baseball

This league includes 6 weeks of spring training, regular season and optional play through July. They are a division of Babe Ruth. Registrations began in February. More details on divisions and league play are listed on their website. For more information email hamripken@comcast.net, or see their website <http://hamripkenbri.siplay.com>

Boys Youth Lacrosse

This league is for boys in grades 3 to 8. Teams travel to compete with other teams in Western Massachusetts and Northern Connecticut. They are affiliated with Connecticut Valley Youth Lacrosse League. For more information, see www.northamptonlacrosse.com

Girls Youth Lacrosse

This league fields competitive teams for Grades K to 8. They are a member of USLacrosse and compete in the CT River Valley Girl's Lacrosse League. For more information contact bonnieburnham@comcast.net, call 584-7482, or visit www.northamptongirlsyouthlacrosse.com.

Sandy Koufax/Mike Laga Baseball

Contact: David Hoose: DHoose@strhlaw.com

Mickey Mantle Baseball

Contact: David Hoose: DHoose@strhlaw.com

American Legion Baseball

Contact: Mike Noonan, 413-586-7760

Women's Softball

Contact: Bernadette Stark, berniestark@gmail.com

Northampton Community Rowing

Row with Northampton Community Rowing this summer! NCR offers a full range of Youth Rowing Programming: one week intensive Learn-to-Row, 3-week Intermediate, and 6-week Advanced programs. Visit our website at www.hampcrew.org for more information. Youth programs are open to anyone 12-18, a full schedule of adult programming is also available.

Northampton Youth Football

For: Children in grades 3 to 8

Date: August through October

This league is run by the Northampton Youth Football Association. Registration begins in June. For more information please visit www.northamptonyouthfootball.org. This is an organized league which plays against other teams in Western Massachusetts Communities.

Tennis Programs 2016

Tennis Welcome Center

The Northampton Parks & Recreation Department is a nationally recognized TENNIS WELCOME CENTER. We've joined over 3,000 facilities throughout the country that offer new players the opportunity to participate in affordable introductory tennis programs. Find out more at www.TennisWelcomeCenter.com

Learn to play tennis fast! Get a good workout! Meet new people and have a great time!

Junior Group Programs

Quickstart Tennis

Quickstart uses the 10-and-Under format for learning the game of tennis. Like other sports, playing fields and equipment are modified to reflect the age and skill development of the player. Smaller courts and low compression or foam balls to get kids to actually play tennis ASAP. Visit www.10andundertennis.com for a look at this format of play.

Quickstart 1 Tennis

For: Ages 5-7

Session 1: May 7-June 11, Saturday, 9:00-10:00 a.m.

Session 2: Sept. 10-Oct. 1, Saturday, 9:00-10:00 a.m.

Location: JFK Middle School

Fee: Session 1: \$75, non-residents \$85

Session 2: \$50, non-residents \$60

** Make-up classes due to weather and will be held on the Saturday following the end of the session.*

Quickstart 2 Tennis

For: Ages 8-10

Session 1: May 7-June 11, Saturday, 10:00-11:00 a.m.

Session 2: Sept. 10-Oct. 1, Saturday, 10:00-11:00 a.m.

Location: JFK Middle School

Fee: Session 1: \$75, non-residents \$85

Session 2: \$50, non-residents \$60

** Make-ups due to weather and holidays will be held on the Saturday following the end of the session.*



Hot Shot Tennis

For all levels of players, they are divided by ability. Beginners will learn the fundamentals and more advanced players will work on perfecting their skills and strategies.

For: Ages 10-14

Session 1: May 7-June 11, Saturday, 11:00 a.m.-12:30 p.m.

Session 2: Sept. 10-Oct. 1, Saturday, 11:00 a.m.-12:30 p.m.

Location: JFK Middle School

Fee: Session 1: \$110, non-residents \$120

Session 2: \$75, non-residents \$85

** Make-ups due to weather and holidays will be held on the Saturday following the end of the session.*

Junior Tennis Skills Program

This program is held weekly during the summer. Group lessons, skills and games throughout the afternoon. For all levels of players, they are divided by ability. Beginners will learn the fundamentals and more advanced players will work on perfecting their skills and strategies.

For: Ages 8-14

Days: Monday-Friday, 1:00-4:00 p.m.

Session 1: June 27-July 1

Session 2: June 5-July 8 (No class Monday, 7/4)

Session 3: July 11-July 15

Session 4: July 18-July 22

Session 5: July 25-July 29

Session 6: Aug. 1-Aug. 5

Session 7: Aug. 8-Aug. 12

Session 8*: Aug. 15-Aug. 19

Session 9*: Aug. 22-Aug. 26

** The gym is not available for class in the event of rain for sessions 8 & 9. If possible, participants of session 8 who miss classes due to rain, may make up missed classes during session 9. Pro-rated refunds will be given in other cases.*

Location: JFK Middle School

Rain site for Sessions 1-7: Bridge St. School gym

Fee: Sessions 1: 3-9: \$100, non-residents \$110

Sessions 2: \$80, non-residents \$90

Competition Training

For: High School and Middle School players interested in competitive match play, fitness and technical skills training, and more advanced strategies for tournament, high school and/or Junior Team Tennis play.

Days: Tuesdays, 4:00-5:30 p.m.

Dates: June 28-Aug. 16

Location: JFK Middle School

Fee: \$120, non-residents \$130

Drop-in fee: \$15 per class, \$17 per class non-residents

** Rainouts will be made up on Thursdays at the same time.*

Other Available Services

Private Lessons:

Mike Kolendo, USPTA Elite Tennis Professional \$50 per hour

Racquet stringing, re-gripping, demos and racquet/shoe sales:

See Mike for details.



Adult Programs

Adult Group Lessons

Group lessons are offered through the spring, summer, and fall. Sessions for the following classes are listed below.

Tennis 1–2–3: Introductory class focusing on the basic strokes, movement, and strategy needed to begin to play the game. See Welcome Center Description. Sessions 2, 3 and 4 only.

Round Robin Doubles: 1.5 hours of pro supervised round robin play. Doubles is emphasized but some singles may be played. Players must be able to serve consistently and sustain a rally.

Intermediate Tennis Drills: A fast paced workout with lots of drills and games. Play situations, movement, and patterns of play are incorporated. Players should be able to hit cooperatively with others and sustain a rally with both groundstrokes and volleys.

Adult Group Lesson Schedule

Monday & Wednesday:

Session 1: 6:30–8:00 p.m. Round Robin Doubles

Sessions 2–4: 5:30–6:30 p.m. Tennis 1–2–3

6:30–8:00 p.m. Round Robin Doubles

Session 5: 5:30–7:00 p.m. Round Robin Doubles

Tuesday & Thursday:

Session 1: 6:00–7:30 p.m. Intermediate Tennis Drills

Sessions 2–4: 5:30–7:00 p.m. Intermediate Tennis Drills

Session 5: 5:00–6:30 p.m. Intermediate Tennis Drills

Session 1: May 9–June 2 (No class Memorial Day 5/30)

Session 2: June 6–June 30

Session 3: July 5–July 28 (No class Monday, 7/4)

Session 4: August 1–August 25

Session 5: August 29–September 22 (No class on Labor Day 9/5)

** Classes missed due to weather and holidays will be made up on the first available Friday.*

Location: JFK Middle School

Fee per class*: \$60, non-residents \$70

**Students may Drop in to the Round Robin and Drills classes for a \$10/class, \$12/class non-residents fee, space permitting.*

Other Adult Lesson Programs

Adult Tennis League: Northampton Singles League

Dates: Monday, May 23–Friday, Aug 19

League fees: \$22, non-residents \$32

Registration Deadline: Monday, May 16th

On-Line Registration: Players sign up by logging on to www.northampton.tencaptennis.com. New players will 1st need to click on "JOIN THE COMMUNITY" which is free. There is a brief waiting period but you'll receive an email that you've successfully joined the Community and you'll be able to register for our league.

League Jamboree: The Jamboree is for new league participants. It allows us to see new players play and helps us properly place them—by ability—in the league. New players should be prepared to play for an hour.

Location: JFK Middle School Tennis Courts

Jamboree Date: Sunday, May 15, 11:00 a.m.–12:30 p.m.

Rain Date: Sunday, May 22, 11:00 a.m.–12:30 p.m.

City Facility Guide

Facilities maintained or managed by the City

Agnes Fox Playground State St., Nton Playground, basketball courts

Aquatic & Family Center JFK Middle School Public indoor pool, tennis courts, basketball, Bridge Rd., Flo www.northamptonma.gov/recreation

Arcanum Field Bridge Rd., Flo 1 90', 1 60' baseball, tot playground, basketball courts, soccer, Safety Village

Bear Hill Bridge Rd, Flo soccer field

Community Gardens Burts Pit Rd., Nton 400 Garden Plots, www.nohogardens.org

Florence Fields 157 Spring St., Flo 1 90' Baseball, 1 50–70'baseball, 5 Multipurpose playing fields, Playground, pavilion

Maines Field Riverside Dr., Flo

Lighted softball field, 4 sand volleyball courts, pavilion, bocce courts

Musante Beach Reservoir Rd., Leeds Public beach

Nagle Walkway Downtown Nton Walkway

Pulaski Park Main St., Nton under renovation

Rail Trails and Greenways Throughout Northampton and beyond. See maps at www.fntg.net

Ray Ellerbrook Fields Burts Pit Rd., Nton Multipurpose playing field, softball

Sheldon Field Bridge St., Nton 3 softball fields, 1 60' baseball, basketball courts, Park & Ride lot, bike lockers

Sojourner Truth Monument Park & Pine St., Flo

Trinity Row Main St., Flo Benches

Veterans's Field West St., Nton Skate Park, 1 90' Baseball, soccer, tot playground, basketball

City Public Schools with Amenities

Bridge St. Elementary Bridge St., Nton Playground

Finn Ryan Rd. Elementary Ryan Rd., Flo Playground, 5 baseball, football

Jackson St. Elementary Jackson St., Nton Playground, softball, lacrosse, basketball

JFK Middle School Bridge Rd., Flo Indoor pool, 90' baseball, 60' softball, soccer, basketball, lacrosse, tennis courts

Leeds Elementary Florence St., Leeds Playground, soccer, lacrosse

Northampton High Elm St., Nton 90' baseball, 60' softball, soccer, football, lacrosse

Smith Vocational High Locust St., Nton Soccer, football

Other City Amenities

Child's Park N. Elm St., Nton

40 acres quiet recreation www.childspark.org, 413–584–1991

Look Memorial Park N. Main St., Flo

150 acres, attractions, picnic sites, Garden House www.lookpark.org, 413–584–5457

Norwottuck Rail Trail Damon Rd., Nton

11 mile bike path through Hadley to Amherst, connects with others www.mass.gov/dcr

Three County Fairgrounds Bridge St., Nton

www.3countyfair.com, 584–2237

Northampton Chamber of Commerce

www.explorenorthampton.com, 413–584–1900

The Connecticut River Greenway Riverfront Park

is located on Damon Rd. in Northampton. We are excited to offer public access to the area for canoes and kayaks, anticipated in the summer of 2016. Check our website for more information in late Spring. Northampton Community Rowing currently leases a portion of the property, and offers youth and adult rowing programs, as well as boat storage. www.hampcrew.com

SUMMER time



at

David B. Musante, Jr. Beach
Reservoir Road, Leeds

Celebrating our 26th Year!



On Saturday, May 28 the David B. Musante, Jr. Beach will be open for its 26th season. Staff of trained, qualified lifeguards will be on duty to ensure a safe and enjoyable escape from the hot summer days. Please contact the Parks & Recreation Department or beach staff for additional information, or check our website for all the rules and regulations.



Season Passes

Description	Pass Type	Fee
Family Resident	MFRP	\$80
Family Non-resident	MFNRP	\$95
Adult Resident	MAR	\$50
Adult Non-resident	MANR	\$60
Child Resident (under 16)	MCR	\$40
Child Non-resident	MCNR	\$55
Senior Resident 55+	MSR	\$40
Senior Non-resident	MSNR	\$55

A family consists of two legally married adults & dependant children, or single parent with dependant children living in the same household. Caregiver can be included on families season's pass. Aquatic & Family Center Members receive \$5 pass discount.

Daily Individual Fees

\$4.00 Adult Resident
\$6.00 Adult Non-Resident
\$3.00 Child Resident-Under 16
\$4.00 Child Non-Resident-Under 16
\$3.00 Senior Resident (55+)
\$4.00 Senior Non-Resident



Season

Weekends only from Memorial Day weekend to June 19. From June 20 through August the beach will be open 7 days per week, weather & staff permitting.

Hours

10:30am to 6:30pm

Adult Programs

Get fit, have fun, join your friends and meet new ones in one of our many programs offered this season. We also offer a variety of other programs that are listed in the Aquatic & Family Center section of this program guide.

Adult Golf Lessons

Beginner

For: Ages 18 & over

Dates:

Session 1: May 6–June 4

Day/Time: Fridays 5:30 p.m. or Saturdays 9:30 a.m.

Session 2: June 10–July 16 (no class 7/1, 7/2)

Day/Time: Fridays 5:30 p.m. or Saturdays 10:30 a.m.

Session 3: July 29–August 27

Day/Time: Fridays 5:30 p.m. or Saturdays 10:30 a.m.

Location: Meadowcrest Driving Range in Leeds

Fee: \$85 residents/\$95 nonresidents

Instructor: Ray Millette

These lessons are designed to enhance your golf skills. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed.

Advanced

For: Ages 18 & over and who is an experienced golfer who wants to progress beyond his/her current level or experiencing a decline in skill level.

Dates: Session 1: May 5–June 2

Session 2: June 16–July 14

Session 3: July 28–August 23

Day: Thursdays

Time: 5:30 p.m.

Location: Meadowcrest Driving Range in Leeds

Fee: \$85 residents/\$95 nonresidents

Instructor: Ray Millette

These lessons are for the experienced golfer. If you've been playing golf for some time but find yourself unable to progress beyond your current level or you are experiencing a decline in your skill level, then this class may be just what you need! Both senior and younger golf players can benefit. Classes will focus on identifying each golfer's individual strengths and weaknesses. Once they are identified and explained, you will be given exercises and drills to amplify our strengths. Wear comfortable athletic clothing and non-slip shoes. Bring all your golf clubs.



Adult Softball

These slow-pitch leagues are run by the Parks & Recreation Department. Teams register for the leagues and are placed in divisions based on skill level. Team entry fees are charged to cover all league operation costs. Call 587-1040 for league information and roster packet, or check the Parks & Recreation Dept. website.

Men's Softball League

For: Ages 16 & over

Days: Weeknights & Sundays

Dates: May–July

Location: Maines Field, Riverside Drive

Organizational Meeting for team managers: March 29, 6:30 p.m., at the Northampton Parks & Recreation

Call the Parks & Rec. Dept., 587-1040 or email for league information & roster packet

Coed Softball League

For: Ages 16 & over

Days: Varies

Dates: May–August

Location: various City fields

Organizational Meeting for team managers:

March 29, 6:00p.m., Northampton Parks & Recreation

Call the Parks & Rec. Dept., 587-1040 or email for league information & roster packet

Fall Men's Softball League

For: Ages 16 & over

Days: Weeknights & Sundays

Dates: Early September–Mid–October

Location: Maines Field

Entry Deadline: Mid–August, contact Parks & Recreation for details

Intro to Fencing

For: Ages 13–Adult

Day: Saturdays

Dates: March 5–April 23 (7 sessions, no class 4/9)

Time: 10:30a.m.–12:00 p.m.

Location: Riverside Fencing Club at the American Legion

162 Russell St. Hadley, MA

Fee: \$100 (an additional \$10 materials fee will be collected on first session)

Instructor: Riverside Fencing Club Staff

En garde! Ready? Fence! A class designed for those who have never fenced before, but have always wanted to! The course starts with basic fencing movement and introduces students to fundamental techniques, tactics, safety rules, and etiquette of fencing. Whether as the first step toward eventual competition, or as an end itself, this course provides a thorough introduction to the modern sport of fencing.



Special Events

Day Trips

Trips will be planned throughout the summer and fall months. Call the Parks & Recreation Department at 587-1040 for trip details, or check out the website, www.northamptonma.gov/recreation

Red Sox Trip

We will be cruisin' to Boston to see our favorite Red Sox! This family trip is open to all ages; participants under 18 must have a parent/guardian with them. Our sport trips depart and return to JFK Middle School. We travel by motor coach, and each trip needs a minimum of 30 participants to go. Once you purchase a seat, the fee is non-refundable unless we cancel due to low enrollment. Tickets went on sale in the middle of January, so call 587-1040 to inquire, or check our website.

Cruisin' to Boston!

Boston Red Sox vs. Houston Astros
 Saturday, May 14, 2016
 Bus departs JFK Middle School at 9:00am for a 1:05pm game time
 \$95 per ticket (non-residents add \$5 per ticket)
 Fee includes motor coach transportation and ticket.
 Seats are located in the Right Field Roof Box, Section 37 & 39 (Next to Budweiser Pavilion)



EGGstravaganza!

For: Ages 10 & under, bring a basket
Date: Saturday, March 26, 2016
Egg Hunt Time: Times are sharp so get there early!
 Bring a basket or bag to put eggs in.
 1:00 p.m., Age 2 & under
 1:15 p.m., Age 3, 4
 1:30 p.m., Age 5, 6
 1:45 p.m., Age 7, 8
 2:00 p.m., Age 9, 10
Egg Hunt Fee: Free
Vehicle Entry Fee: Free from 12:30-2:00 p.m.



Location: Look Memorial Park

Don't miss out on the popular EGGstravaganza! This year's hunt will include over 10,000 eggs with goodies inside. The 2 and under division will receive a snack after the egg hunt rather than eggs with small goodies inside. Bring a basket or bag to collect eggs. Each age group will have 2 golden tickets hidden in the eggs. Golden Tickets winners will also receive a prize. Arrive early, the times are sharp! Sponsored by the Parks & Recreation Department, Florence VFW, and Look Memorial Park. For a small fee, there will be train rides with the bunny.

Join us for the 6th Annual Northampton Family Fourth Celebration!

Games, prizes, live entertainment, food, fun and fireworks!

Date: Saturday, June 25 (Rain date: Sunday, June 26)

Time: Festivities start at 5:00 p.m., Fireworks at dusk

Location: Look Memorial Park

Fee for activities: Varies

Vehicle Entry Fee: Free

www.northamptonfamilyfourth.com

There is something for everyone during the NFF Celebration! Tons of activities to delight people of all ages. The carnival area is run by our Northampton School PTO's and sport groups as well as the Northampton Parks & Recreation Department. The fun includes face painting, bounce castles, bean bag toss, dunk booth, hoop shoot, obstacle course, and much more! Live entertainment for all ages is held on stage throughout the evening's festivities. Fresh cut french fries, burgers, hot dogs, snacks and drinks also available for sale. Alcohol and portable grills are prohibited.

The night concludes with a fireworks display at dusk!

Sponsorship Opportunities

Every penny helps! The cost to hold the Family Fourth is approximately \$25,000, and community donations from people like you are necessary to make it happen!

Check out www.northamptonfamilyfourth.com to see the various levels, or mail a check payable to **Northampton Family Fourth**

P.O. Box 60092
 Florence, MA 01062.

Questions? Email info@northamptonfamilyfourth.com, or call 413-587-1040.

Volunteers Needed

If you'd like to help with the event, please contact us. Help is needed in various areas, fundraising, mailings, and the day of the event.

July is National Parks and Recreation Month

Each July since 1985, America has celebrated Park and Recreation Month. A program of the National Recreation and Park Association (NRPA) and the America's Backyard initiative, the goal is to raise awareness of the vital impact that parks, recreation, and conservation have on communities across the U.S. For more information, go to www.nrpa.org/july.



Other Programs

National Youth Sports Coaches Association

For: Youth Sports Volunteer Coaches

Spring Clinic: For baseball, softball, t-ball, boys lacrosse (lax online only)

Dates: Tuesday, April 12 and Thursday, April 14

Times: 6:00pm

Location: JFK Middle School Community Room

NYSKA is a national organization, which provides training for the city's legion of volunteer coaches in all sport areas. The Northampton Park & Recreation Department serves as a recognized chapter of NYSKA and conducts clinics throughout the year to provide this very valuable training for the city's youth coaches.

The clinics are videotaped presentations, which cover topics such as the psychology of working with young athletes, the motivation of youngsters, and the care and prevention of injuries. Sport specific sessions include discussions on organizing practices and teaching offensive and defensive fundamentals. The NYSKA program is designed to educate our coaches to make youth sports in Northampton a fun and positive experience for all participating youngsters. Please call to inquire which night to attend.

NYSKA Coaching Clinics available online also, contact the Parks & Recreation Department for details.



Community Gardens

New Gardener Registration

Date: Saturday, March 26

Time: 10:00 a.m.–12:00 p.m.

Location: Recreation Department, 90 Locust St.

www.nohogarden.org

The Recreation Department coordinates the rental of approximately 400 garden plots for city residents at the former Northampton State Hospital grounds on Burts Pit Rd. Our gardeners' prime purpose is to get better-tasting and more nutritious food while saving money. The program inspires people to heighten social, educational, and neighborhood-beautification activities. Registration is limited, first-come first-serve.

Grow Food Northampton Organic Community Gardens

Garden Plot Registration

Date: March 19, 2016

Available online only at: <http://www.growfoodnorthampton.com/garden/garden-registration>

Garden plots will be assigned on a first-come, first-served basis. They will also be accepting orders for finished compost that gardeners can apply to their garden plots. For more info see www.growfoodnorthampton.com

Skateboard Park

Located at Veterans' Field, the Park is scheduled to be open at 10:00am until dusk, weather permitting. Check out our website for specific details and events throughout the year.

Facility Rentals–Maines Field, Arcanum Field

Maines Field, located on Riverside Dr. in Florence, offers the City a lighted softball field, four sand volleyball courts and a pavilion. All are available for group rental at various fees. Rent by the hour or day, rent one or a combination of the three.

Arcanum Field offers a pavilion for rent next to Safety Village. Other City fields and facilities are available for various fees. Inquire at Parks & Recreation Department.

413.587.1040

Massachusetts State Parks–Pass Available

The Massachusetts Division of Conservation and Recreation has provided Northampton Parks & Recreation with one 2016 Park Pass that is available for families in Northampton to borrow. The Park Pass is valid for one carload (excluding buses or vans) of visitors to park for free at any state park day use area locations. The pass is valid at over 50 facilities in the Massachusetts state park system.

Northampton DPW Parks and Cemetery Division

Although a part of a separate department, the Parks & Recreation Department works closely with the Parks Division of the DPW. Together, we coordinate maintenance concerns, scheduling and basic care of the City's parks, fields and recreation areas.

The Parks & Cemetery Division of the D.P.W. maintains about 155 acres of recreational playing fields, 10 acres of water division grounds, 5 acres of city street parks, Musante Beach, the skate park and miles of bicycle paths within the City of Northampton. They also maintain four City cemeteries with more than 50 acres, with responsibilities that include grave site preparation and other burial services with a grounds and maintenance program. Northampton's parks and recreational areas receive extensive use, which requires that a great deal of attention be given to maintaining these facilities. Please report any maintenance concerns to 587-1577.

Northampton Council on Aging

The Northampton Council on Aging serves Northampton residents ages 60 and older. They offer a variety of services, programs, workshops, classes, fitness, and more. There are various clinics as nutrition workshops and an annual Health & Safety Fair. There are support groups, trips, and clubs. For more information, check www.northampton seniors.com, or call them at 413-587-1228.

Florence Community Band

In affiliation with the Northampton Parks & Recreation Department, the Florence Community Band's mission is to provide musicians the opportunity to gather regularly to play ensemble music for the community and to have fun doing so. There are no auditions, no dues, and people of all ages and musical experience are welcome. They provide free concerts in various settings, including nursing facilities, retirement communities, community events, parks and parades. They host and organize a yearly event, the Community Band Festival, located at Look Park's Pines Theater. The band rehearses on Wednesday evenings from 7-9p.m. at the Northampton High School Band room. Music difficulty ranges from medium easy to medium. For more information please visit www.florencecommunityband.com or call 584-3238.

"Local people, local service, local insurance"



**WHALEN
INSURANCE**

Auto • Home • Business

71 King Street • Northampton • 413.586.1000

www.WhalenInsurance.com

Aquatic & Family Center

The Northampton Aquatic and Family Center (AFC), located at the John F. Kennedy Middle School, opened in October 1996. The Northampton Parks and Recreation Department, in partnership with the Northampton School Department, is pleased to offer year-round community access to the facility. A wide variety of programs are offered throughout the year during the hours that the school is not utilizing the facility. Our programs provide opportunities for individuals and families to participate in affordable exercise and recreational programs in an exciting atmosphere!

at John F. Kennedy Middle School • 100 Bridge Rd., Florence, MA 01062
 Aquatic and Family Center: **587-1046** Northampton Parks and Recreation Department: **587-1040**
Program Cancellation Hotline: 587-1044
www.northampton.gov/recreation

Something for Everyone!

- Six lane heated pool 3 1/2'-13' depth
- Men's and Women's locker rooms with showers
- 6 Tennis Courts
- One meter diving board
- Knitting and Yoga Classes
- 2 Court Gymnasium
- Fully accessible
- Swimming Lessons
- Certified lifeguards
- Water Aerobic Classes
- Pool Rentals
- Lap, Family and Youth Swim
- Senior Swim
- Basketball
- Diving program
- Birthday Parties

AFC Office Hours

Please enter through the rear of the building, across from the tennis courts.

Spring Hours:

Monday-Friday, 4:00pm-8:00pm
 Saturday, 9:30am-5:00pm
 Sunday, 11:00am-4:30pm

Summer Hours:

Monday-Friday, 4:00pm-8:00pm
 Saturday, 10:00am-4:00pm
 Sunday, 11:00am-4:00pm

Registrations and information are also available at the Northampton Recreation Department Monday-Friday between 8:30am-4:30pm 90 Locust Street, Northampton on the grounds of Smith Vocational High School
587-1040 | www.northamptonma.gov/recreation

The pool schedule is available on our website, click on Aquatic Center, Schedule.

The pool will be OPEN additional hours in the afternoons for lap & open swim on 4/19-4/22. Hours will be posted at the pool and on our website.

The AFC will be closed on the following days:

March 27-Easter
 April 18-Patriot's Day
 May 30-Memorial Day
 July 4-Independence Day

The AFC will also be closed 8/15-8/28 for annual cleaning & maintenance.

Non-resident Fees

Some Parks and Recreation Dept. administrative and program costs are covered by Northampton tax dollars. Therefore, those who are not residents of Florence, Leeds, or Northampton are assessed an extra fee unless otherwise noted.

To qualify as a resident, an adult must live or own property in Florence, Leeds, or Northampton. A child must live in the city.

Scholarships

A limited number of scholarships for AFC memberships are available for Northampton residents. Scholarships do not apply to classes. Please ask a staff person at the pool or at the Parks and Recreation Department for an application. Applications are considered according to income guidelines on a first come, first served basis and are renewed yearly.

Tennis Courts

The Parks and Recreation Department supervises the 6 courts at the Aquatic & Family Center.

Open Swim

Open recreational swim times are available for families and individuals at many times throughout the week. Usually 1/2 of the pool is available with the use of the diving board. See detailed schedule for open times at the AFC or the Parks and Rec. office, or check out the open/lap schedule at www.northamptonma.gov/recreation, click on Aquatic and Family Center, then lap/open swim. Please contact the Aquatics Supervisor if your group is eight or more or during birthday parties to ensure proper staffing levels.

Fee: Members Free, Non-Members see walk in Fees

Pool Rental

Treat your child to a birthday party, celebrate a sport season with the team, or schedule a swim day for a group just for the fun of it! The pool is available for rentals. Please call or check our website to inquire about availability and fees.

Memberships Fees to change July 1

Memberships entitle individuals and families to discounted rates for activities and classes, free access to open swim, open basketball, etc., as well as discounted passes for the David B. Musante Beach in Leeds during the summer.

Membership Fees..... 1 Year..... 6 Month

Pass Description..... Fee..... Fee

Resident Youth.....	\$80	\$60
Resident Adult	\$125	\$95
Resident Senior.....	\$80	\$60
Resident Family.....	\$230	\$145

Nonresident Youth.....	\$130	\$109
Nonresident Adult	\$165	\$135
Nonresident Senior.....	\$130	\$109
Nonresident Family.....	\$295	\$210

Guests of members receive \$1 discount on their walk-in fee.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

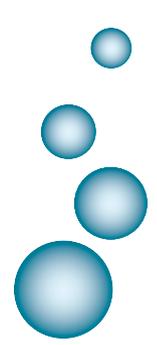
Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.

Senior age is 55 and better, youth age is under 16.



Adult Programs

Fees listed in the order of Member/Non-Member Resident/Non-Member Non-Resident

Water Aerobics

Classes use a combination of Deep & Shallow water exercise. Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Flotation belts keep everyone afloat regardless of your swimming ability. Chris Kostek, and Christy Emerson bring lots of energy to their dynamic, safe and constructive hour long classes. Chris teaches our morning class, Christy teaches our Tuesday and Thursday classes.

Morning Classes

Days: Mondays, Wednesdays & Fridays 30 classes

Time: 7:00–7:40 am

Dates: Feb. 17–April 22

Fee: \$47/\$70/\$80

(no classes on: 2/15 & 4/18)

Days: Mondays, Wednesdays & Fridays 26 classes

Time: 7:00–7:40 am

Dates: May 2–July 1

Fee: \$41/\$61/\$71

(no classes on 5/30)

Days: Mondays, Wednesdays & Fridays 17 classes

Time: 7:00–7:40 am

Dates: July 6–Aug. 12

Fee: \$27/ \$40/ \$50

Evening Classes

Days: Tuesdays 10 classes

Time: 6:00–7:00 pm

Dates: Feb. 16–April 19

Fee: \$25/\$39/\$49

Days: Tuesdays 9 classes

Time: 6:00–7:00 pm

Dates: May 3–June 28

Fee: \$23/\$35/\$45

Days: Tuesdays 6 classes

Time: 6:00–7:00 pm

Dates: July 5–Aug. 9

Fee: \$15/\$23/\$33

Days: Thursdays 10 classes

Time: 6:00–7:00 pm

Dates: Feb. 18–April 28

Fee: \$25/\$39/\$49

(no class 3/5, will make up 4/28)

Days: Thursdays 9 classes

Time: 6:00–7:00 pm

Dates: May 5–June 30

Fee: \$23/\$35/\$45

Days: Thursdays 6 classes

Time: 6:00–7:00 pm

Dates: July 7–Aug. 11

Fee: \$15/\$23/\$33

Walk-in Fees for all Water

Aerobics Classes: \$5/\$6/\$7



Free Community Senior Swim

For: Free for resident seniors ages 55 and better!

Sessions: Weekly, except when facility is closed

Days: Sunday

Time: 11:00 a.m.–4:30 p.m.

Fee: FREE to residents of Northampton, Leeds, Florence

Come enjoy the water, socialize, exercise and make it a great day in either the open swim or the lap lanes. Senior is ages 55 and better. This open swim time is open to all ages, but free to residents 55 and up.

Goggins Real Estate Greater Northampton's #1 Real Estate Agency

Location is everything.

If you are thinking about changing location, look to Goggins Real Estate...the difference between selling and sold. WE have earned a reputation for leadership in the Real Estate market and we are always ready to provide our customers with attentive, personal service.



79 King Street
Northampton, MA 01060
586-7000
www.gogginsrealestate.com

Adult Programs

Fees listed in the order of Member/Non-Member/
Non-Member, Non-Resident

Open Basketball

Session: Spring/Summer

Men's Over 30 Open (ages 30 and older)

Day: Thursdays: 6:00 p.m.–9:00 p.m.

Fee: Members: Free

Non-members: \$3 day

Non-Member, Non-Residents: \$4/day–3 hours

Adult Open (ages 18 and older)

Day: Saturdays: 9:30 a.m.–11:30 a.m.

Fee: Members: Free

Non-members: \$2/day

Non-Member, Non-Residents: \$3/day–2 hours

Please check in at the AFC desk. Picture id required for resident rate

Come take part in pick-up games, have some fun and get some exercise!

American Red Cross Lifeguarding Course (Waterfront Module included)

This course trains individuals to become a certified Red Cross Lifeguard. Course includes certification in CPR, First Aid and Lifeguard Training. Participants must be 15 years of age or older. Class materials included. Participants must attend all classes within session and must successfully pass written and skills test to receive certification. Pre-swim test required. All but \$25 will be refunded if test is not passed.

This is a blended learning class. Some portions will be done on participants own online.

Pre-registration required, as space is limited and a minimum number is required to run the class. Waterfront portion only is also available for those who already hold current lifeguard certificates.

Re-certifications are also available during the sessions below. Please call the Parks and Recreation office at 587–1040 for more information on re-certification fees.

Dates: Friday, April 15, 5:00–7:00 p.m. for swimming pre-test

Saturdays, April 30, May 7, 14, 21–9:00 a.m.–5:00 p.m.

Fee: \$295/\$305/\$315 (includes all materials)

Students are encouraged to purchase their own fins and goggles in addition to class fee

(fees listed in the order of AFC member/non-member resident/non-member, non-resident)

Knitting In & Out

Date: April 6–May 11, May 25–June 29, July 6–August 10

Day: Wednesdays

Time: 6:00 p.m.–8:00 p.m.

Location: Aquatic & Family Center

Fee: \$30/\$35/\$45

(fees listed in the order of AFC member/non-member resident/non-member, non-resident)

Beth Altinari will take this class through all the basics for first time knitters as well as provide early and intermediate knitters with specific how-to's like buttonholes, turning a heel, finishing, multi-standing, and help with projects as needed.

Abc's Of Yoga

Dates: March 28–May 16; (no class 4/18, make up will be 5/23)–8 weeks

Day: Mondays

Location: Aquatic and Family Center

Time: 6:00–7:00 PM

Fee: \$55/\$60/\$70

Instructor Beth Tascione will break down a variety of yoga poses to gain better understanding of how to align bodies safely. Explore breathing and meditation techniques to help quiet your mind. Yoga is a great way to build a strong and more flexible body; cultivate a calm, focused mind; experience a sense of deep peace and relaxation. Ideal for anyone wanting to work on stress-release. Participants need to provide their own yoga mat.

Youth Programs

Fees listed in the order of Member/Non-Member/
Non-Member, Non-Resident

Private Swim Lessons

Private lessons are available throughout the year for both children and adults needing to overcome certain hurdles or learn specific skills. Please call (587–1040 or 587–1046) and leave information about the swimmer and level, age, skills to be worked on, and availability, and an instructor will call you with available times and to schedule a lesson.

\$18/\$20/\$22 per ½ hour–1 person

\$28/\$32/\$34 per ½ hour–2 people

\$33/\$39/\$41 per ½ hour–3 people



Pool Parties

Treat your child to a pool birthday party. Have a class party, celebrate a sport season with the team, or have a gathering just for the fun of it! Parties include 1 ¼ hours pool time on the diving board side of the pool, lifeguard supervision, and use of the adjoining party room for cake or party festivities.

Fees must be paid in full at time of reservation. Call the AFC to inquire about available dates, 587–1046. Dates filled on a first come, first serve basis. \$85/\$95/ \$105

Kayak Polo

Kayak Polo is an exciting, adrenaline-filled team sport that combines kayaking and water polo. This upcoming March and April kayak polo games will be played in the JFK Middle School indoor pool. The Western MA kayak polo club has been playing in Northampton for over nine years. To sign-up or inquire more information, please contact Lisa Newman at LisaNewman4@hotmail.com.

Youth Programs

Fees listed in the order of Member/Non-Member/Non-Member, Non-Resident

Learn to Swim

- Learn to swim or improve ability with our wide-range of swim lessons. Experienced instructors offer quality instruction. If you have questions on level placement, please call 413-587-1040.

It is common for a child to repeat a level before advancing to the next level. Our instructors are committed to teaching your child the necessary skills at each level. We encourage practice outside of class time for improved skill acquisition.

- Attendance is very important. New skills will build upon those learned in previous classes. We do not allow make ups for missed classes. Each class runs for thirty minutes.

Please register your child for the recommended level. Do not register for a higher class than recommended. Northampton Parks and Recreation reserves the right to move children to the appropriate level if they are not registered in the correct level.

- Register early! We encourage you to register at least 1 week prior to the start of the class. Classes may be cancelled if minimum enrollment numbers are not met. If the registration deadline has passed, you may call the Parks and Recreation office at 587-1040 to see if any openings remain. Registrations will be accepted at our office or at the AFC until the first day of class.

Class Descriptions

Parent/Child Lessons (ages 1-5 years)

For parents and children working together in preparation for pre-level. This class is designed to develop a level of comfort in the water between parent and child. Basic skills are introduced with an emphasis on an enjoyable experience that keeps them wanting more! Children not fully potty trained should wear a swim diaper.

Pre-Level Lessons (ages 3-5 years)

For those who are not quite ready to stand or swim unassisted in 3ft 6in. water. This is a non-parent involved class, however, parents may observe.

Level 1: Ages 5 & up Prerequisites--None. Beginner, no experience necessary.

Skills learned in this level include exit and enter water safely, blow bubbles, submerge mouth, nose and eyes, underwater exploration with eyes open, float in front and back position showing comfort, kick in a front and back position, flutter kick on front & back, simultaneous arm action on front and back, combined stroke on front and back (use of both arms and legs) learn basic personal water safety information.

Level 2: Ages 5 & up Prerequisites--Submerge mouth, nose, eyes, blow bubbles, able to bob in chest deep water, float on front & back with comfort, flutter kick on front & back, alternating arms on front, combined stroke on front, roll front to back & back to front.

Skills learned in this level include front float & glide 5 seconds, back crawl arm action, combined stroke on back, flutter kick on back, combined stroke on front, hold breath fully submerged 3 seconds, bob 10 times (rhythmic breathing) learn basic personal water safety information.

Level 3: Ages 6 & up Prerequisites--Hold breath submerged for 3 seconds, flutter kick, front crawl 5 yards. Can swim short distances in deep water, with face in and will jump into water. front float & glide 5 seconds, back crawl arm action, combined stroke on

back, flutter kick on back, combined stroke on front, hold breath fully submerged 3 seconds, bob 10 times. Skills learned in this level include glide on front & back 2 body lengths with flutter kick, tread water 30 seconds in deep, elementary back kick & body motion 15 yards, jump from side into deep water independently, dive head first from side in a sitting or kneeling position. Basic water safety & diving rules.

Level 4: Ages 6 & up Prerequisites--Can swim front crawl with rotary breathing, backstroke & elementary backstroke. Able to glide on front & back 2 body lengths with flutter kick, tread water 30 seconds in deep, elementary back kick & body motion 15 yards.

Skills learned in this level include working on developing participants' confidence in the strokes learned thus far including endurance and refining strokes tread water for 1 min. in deep with scissor, breaststroke or rotary kick. Participants will add arms to the scissors kick for the sidestroke and start to learn the breaststroke and butterfly. Basic water safety & diving rules.

Level 5: Ages 6 & up Prerequisites--Can swim front crawl with rotary breathing 25 yds., backstroke, butterfly, breaststroke, and sidestroke 25 yds.

Skills learned in this level include Participants will work on coordination of strokes and refine their performance of strokes including front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. Tuck and pike surface dives. Basic water safety & diving rules.

Level 6: Ages 6 & up Prerequisites--Can swim 100 yard each front and back crawl, 50 yards each breaststroke, sidestroke, elementary backstroke, and butterfly, can do flip turns.

Students will refine strokes so students swim them with ease, efficiency and power over greater distances. Focus will be on fitness swimming and developing lifelong water skills, endurance.

Schedule



Parent/Child

Feb. 27–April 9 6 weeks..... Sat..... 11:00 a.m. \$33/\$45/\$55
 April 30–June 4 6 weeks..... Sat..... 11:00 a.m. \$33/\$45/\$55
 July 9–Aug. 13 6 weeks..... Sat..... 11:00 a.m. \$33/\$45/\$55

Pre-Level

Feb. 25–April 7 6 weeks..... Thurs..... 4:00 p.m. \$33/\$45/\$55
 Feb. 27–April 9 6 weeks..... Sat..... 9:30 a.m. \$33/\$45/\$55
 April 28–June 2 6 weeks..... Thurs..... 4:00 p.m. \$33/\$45/\$55
 April 30–June 4 6 weeks..... Sat..... 9:30 a.m. \$33/\$45/\$55
 July 7–August 11.... 6 weeks..... Thurs..... 4:00 p.m. \$33/\$45/\$55
 July 9–Aug. 13 6 weeks..... Sat..... 9:30 a.m. \$33/\$45/\$55

Level 1 or 2

Feb. 25–April 7 6 weeks..... Thurs..... 4:30 p.m. \$33/\$45/\$55
 Feb. 27–April 9 6 weeks..... Sat..... 10:00 a.m. \$33/\$45/\$55
 April 28–June 2 6 weeks..... Thurs..... 4:30 p.m. \$33/\$45/\$55
 April 30–June 4 6 weeks..... Sat..... 10:00 a.m. \$33/\$45/\$55
 July 7–August 11.... 6 weeks..... Thurs..... 4:30 p.m. \$33/\$45/\$55
 July 9–Aug. 13 6 weeks..... Sat..... 10:00 a.m. \$33/\$45/\$55

Levels 3 or 4

Feb. 25–April 7 6 weeks..... Thurs..... 5:00 p.m. \$33/\$45/\$55
 Feb. 27–April 9 6 weeks..... Sat..... 10:30 a.m. \$33/\$45/\$55
 April 28–June 2 6 weeks..... Thurs..... 5:00 p.m. \$33/\$45/\$55
 April 30–June 4 6 weeks..... Sat..... 10:30 a.m. \$33/\$45/\$55
 July 7–August 11.... 6 weeks..... Thurs..... 5:00 p.m. \$33/\$45/\$55
 July 9–Aug. 13 6 weeks..... Sat..... 10:30 a.m. \$33/\$45/\$55

Levels 5 or 6

Feb. 25–April 7 6 weeks..... Thurs..... 5:30 p.m. \$33/\$45/\$55
 April 28–June 2 6 weeks..... Thurs..... 5:30 p.m. \$33/\$45/\$55
 July 7–August 11.... 6 weeks..... Thurs..... 5:30 p.m. \$33/\$45/\$55

This schedule is subject to change. For the most updated information please check our website: www.northamptonma.gov/recreation



**CITY OF NORTHAMPTON
PARKS & RECREATION DEPARTMENT**
90 LOCUST STREET
NORTHAMPTON, MA 01060

Presorted Standard
US Postage PAID
Northampton, MA 01060
Permit #490
ECRWSS

POSTAL CUSTOMER




**Northampton Family
Fourth Celebration**
Saturday, June 25, 2016 @ 5:00pm
Rain date June 26
LOOK PARK
Carnival games, food, bounce house & slide,
tethered balloon rides, live music.
Fireworks at dusk.
Event is free, though donations are welcome
www.northamptonfamilyfourth.com